

## SERVICES

### BABYSITTING

A babysitting service is provided for children of parents participating in YWCA programs at the Ramada Hotel. While you are involved as a YWCA participant, your child will be supervised by caring, conscientious staff. Infants, toddlers and pre-schoolers will be accepted, however, a two-hour time limit is set for children under 1 year old.

FOR THE BEST SERVICE, THESE GUIDELINES should be followed:

1. Label all belongings (bottles included).
2. A name tag on your child is most helpful.
3. Children must be left with the child care supervisor 10 minutes before course and picked up as soon as possible after class.
4. Please do not bring a sick child to child care as you will be asked to take your child home.

Members \$1.00 per child (hour visit)  
Non-Members \$1.25 per child (hour visit)

### ATTENTION SHIFTWORKERS!

Arrangements can be made by the YWCA to accommodate your fitness needs and your work schedule! Call 357-YWCA for details.

### RAMADA HOTEL FACILITIES

For all participants in the aquatic and fitness classes at the Ramada Hotel, daily use of change rooms and lockers will be permitted at no charge; however NO LOCKS may be placed on any lockers unless a yearly fee of \$25.00 is paid to the Ramada Hotel. Program participants may use the sauna & whirlpool immediately following their fitness sessions. Participants will also have access to the weight room, however use of heavy equipment is discouraged until participants have been sufficiently instructed in its proper usage.

### YWCA FACILITIES

#### Residence

Short and long term accommodations.

#### Fit for Life Program

Fitness, life skills and child care for women living on a low income.



## Athletic Warehouse

•RETAIL•TEAM AND SCHOOL SUPPLIERS•



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## Niagara Falls YWCA

### Membership Makes a Difference

"As part of an International Association, the Niagara Falls YWCA is a progressive, community based voluntary organization dedicated to responding to the needs of women. We shall provide a leadership role by offering quality programs and services to encourage individual development and self-reliance, support those in need and improve the status of women."



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United Way Member Agency

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**357-YWCA    357-9922**

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6135 Culp St., Niagara Falls, Ontario L2G 2B6

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